

Heart Failure Awareness Days 2025

Activities report post HFAD

Country: Ireland

Name of reporters: Emer Burke, Tara Mannion and Mairead Lehane on behalf of the Irish Association of Heart Failure Nurses



HFA
Heart Failure
Association

 European Society of Cardiology

Programme and events (summary)

Heart Failure Doesn't Stop Us – IAHFN's 2025 Awareness Campaign

The Irish Association of Heart Failure Nurses (IAHFN), a special interest group of the Irish Nurses Cardiovascular Association (INCA). In a demonstration of national leadership, creativity, and commitment to improving public awareness, we initiated a country-wide Heart Failure Awareness strategic initiative in 2025 under the theme of “Heart Failure Doesn't Stop Us.”

With 160 dedicated heart failure nurses across 57 hospital and community sites in the Republic of Ireland, we united with purpose and passion. This strategic initiative aimed to foster engagement, innovation, and collaboration among multidisciplinary teams across Ireland. The response was exceptional, reflecting the dedication of Heart Failure Nurses to raising awareness within their communities

Partnering for Impact

To amplify our message, IAHFN partnered with key national organisations including the Irish Heart Foundation, Croí, and the Health Service Executive (HSE) Communications Department. At the heart of our campaign was John Ridge, our inspirational patient champion, who bravely shared his story of living well with heart failure.

John's journey was promoted through radio, social media, and print media, reaching audiences across the country. Now an active voice with Heart & Stroke Voice Ireland, John continues to inspire countless patients with hope and positivity.

A Toolkit for Success

To ensure a seamless and professional campaign rollout, our IAHFN committee created a comprehensive Heart Failure Awareness Week Guidance Document, offering resources and campaign ideas for our members. Access the guidance document [here](#)

Programme and events (summary)

Nationwide Nurse-Led Action

In a show of creativity and commitment, we launched a country-wide Heart Failure Awareness Day (HFAD) competition, encouraging participation from teams across Ireland. The response was incredible. Activities included:

- Public awareness talks and webinars
- Interactive hospital and community information stands
- Staff education sessions and heart health quizzes
- Blood pressure and lifestyle checks, “salt stations,” and more

Nurses also shared photos and stories from their local campaigns, helping to celebrate the vital work of heart failure teams across the country.

Patients at the Heart

We also featured patient exemplars who embody the spirit of the campaign—living full lives despite heart failure. With permission, we proudly included their photos in action to show the real faces of resilience and hope.

Collaborating Beyond Hospitals

In collaboration with the Irish GP Practice Nurse Association (GPNEA), we extended our campaign to primary care settings, displaying Global Heart Hub heart failure awareness videos in GP waiting rooms, hospital lobbies, and outpatient departments across Ireland.

View campaign videos [here](#)

Capping It Off in Belgrade

We wrapped up the month of May with a proud presence at the Heart Failure Association (HFA) Congress 2025 in Belgrade, where seven IAHFN nurses showcased their work on an international stage. Their participation highlighted Ireland's leadership in heart failure nursing and the power of global collaboration.

The IAHFN campaign proved one thing loud and clear: Heart failure doesn't stop us.

We are proud to elevate awareness, support our patients, and champion the incredible role of heart failure nurses across Ireland.

Public Event/Open clinic



CROÍ CONNECTS
HEART & STROKE SUPPORT

Upcoming Bonus Online Chat:
Marking Heart Failure Awareness Week 2025

With Emer Burke, President IAHPN and
Advanced Nurse Practitioner Heart
Failure at Galway University Hospitals

Thursday, May 8th
From 12 noon Via Zoom

Register: croi.ie/croiconnects

CR♥I
Fighting Heart Disease & Stroke

@croiheartstroke



BONUS ONLINE CHAT

Public Event/Open clinic Roscommon Library

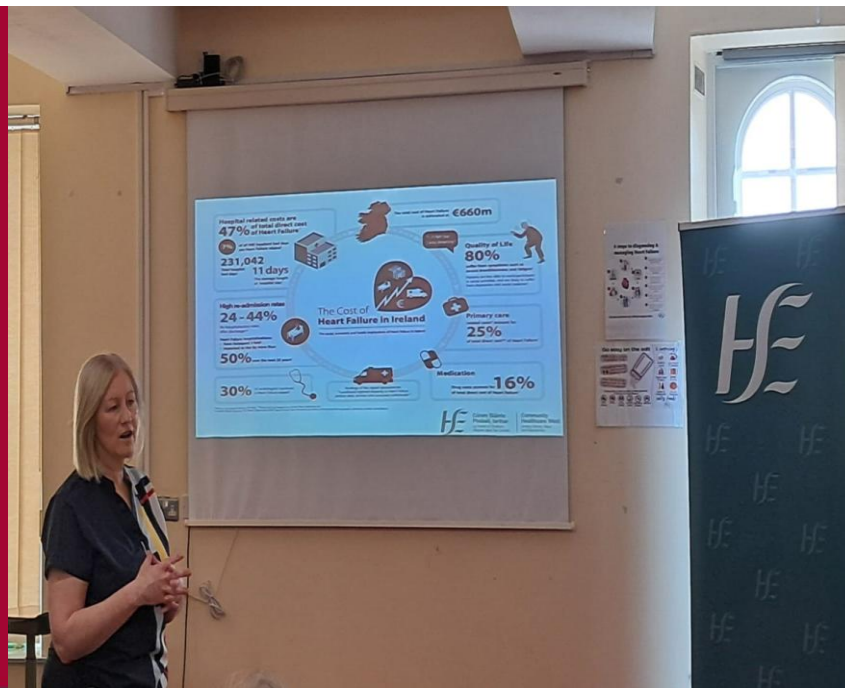
Be Heart Failure Aware

at Roscommon Library

- Blood Pressure Checks
- Talk on Heart Failure Signs & Symptoms
- Dietary and Exercise Advice for a Healthy Heart

Roscommon Library
Wednesday 30th April
10.30am - 12.30pm

Phone the library at 090 66 37277 to
register or book online at Library Events
at www.roscommoncoco.ie



Public Event- Croí BP/Pulse checks in Galway



**HEART
FAILURE
+ AWARENESS
+ WEEK 2025**

"Heart Failure doesn't stop us"

GET INVOLVED WEDNESDAY MAY 7TH

Join Croí and the GUH Heart Failure nursing team in Merlin Park cafeteria between 9am-2pm

- Free BP and pulse checks
- Educational materials
- Lifestyle advice
- Expert advice from Cardiovascular nurses

#HeartHealthWeek

www.heartfailurematters.org
www.escardio.org/hfa



Staff Education- Tullamore hospital, Co.Offaly



The poster features a blue background with a white circular inset showing a red heart and a stethoscope. The text is white and yellow. At the top right, 'Tullamore' is written in small green letters. The main title is 'EUROPEAN HEART FAILURE AWARENESS WEEK'. Below it, the slogan is '"Heart Failure Doesn't Stop Us"'. The dates '5th to 11th May 2025' are at the bottom left. On the right, the event details are listed: 'Talk on Heart Failure and Chronic Kidney Disease', 'Thursday 8th May', 'At 1-2pm', and 'Cardiology department', each with a small icon.

Tullamore

**EUROPEAN
HEART FAILURE
AWARENESS
WEEK**

"Heart Failure Doesn't Stop Us"

5th to 11th May 2025

Talk on Heart Failure and
Chronic Kidney Disease

Thursday 8th May

At 1-2pm

Cardiology department

Press coverage: Radio and TV

https://drive.google.com/file/d/1tmK3YrFMADrGGx6UgR5qxQ0irsCA2Yzx/view?usp=drive_link

Press coverage: Newspapers

<https://connachttribune.ie/galwayman-refuses-to-let-his-diagnosis-define-him-or-slow-him-down/>

Press coverage: Online articles

Irish Heart Foundation- Heart Connects Newsletter, May 2025



This Heart Failure Awareness Week, **Emer Burke, Heart Failure Advanced Nurse Practitioner, Galway University Hospital, and President of the Irish Association of Heart Failure Nurses**, reminds us that 'Heart Failure Doesn't Stop Us' and shares **three things to know if you live with heart failure**.

1. A diagnosis of heart failure does not need to stop you living your life. Despite its challenges, many individuals find ways to live active and fulfilling lives, thanks to advancements in treatments and therapies with the help of specialist supports that are more accessible than ever.
2. It is important to know the symptoms of heart failure, which include breathlessness, sudden weight gain, leg swelling and fatigue. You need to monitor your symptoms daily and notify your healthcare team of any new or worsening symptoms, without delay.
3. Medications and lifestyle changes are key. Ensure you are taking your medicines correctly, incorporate physical activity into your daily routine and try to reduce the amount of salt and salty foods in your diet. Do not smoke, reduce alcohol and keep up to date with your vaccinations to stay well.

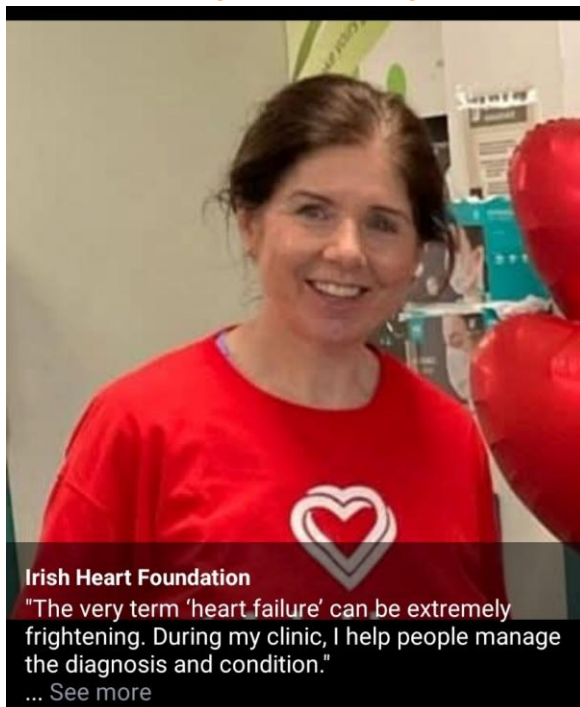
Heart failure may challenge you, but it need not stop you from living a good life.

For more information and resources to help you live well with heart failure [click here](#) and remember we are here for you so please get in touch if you need support.

Press coverage: Online articles

Irish Heart Foundation- Facebook Spotlight on Wexford Heart Failure CNS Cara Murphy-

<https://www.facebook.com/share/p/16vaJcpxBc/>



Social media coverage:

**IAHFN president Emer Burke introduces Heart Failure Awareness Week 2025-
Youtube with Croí**



Social media coverage:

IAHFN patient champion tells how heart failure is not stopping him from living his life. Youtube with Croí



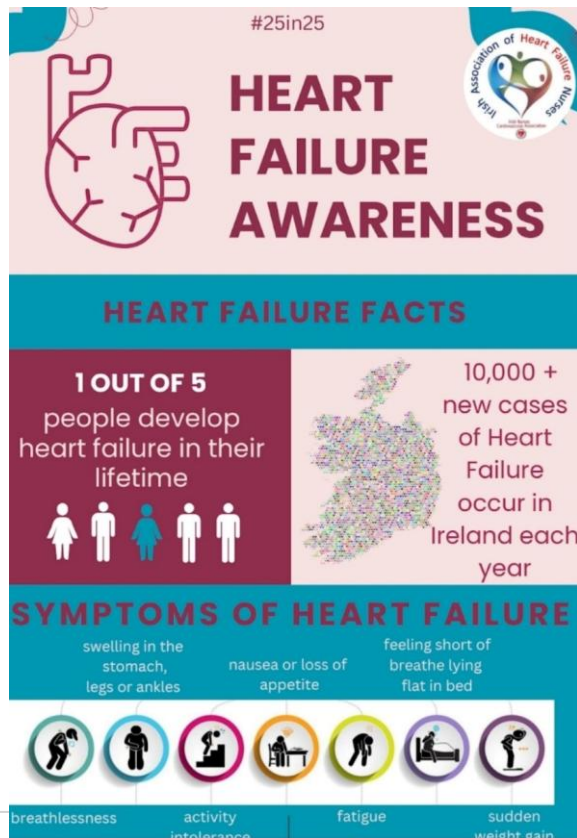
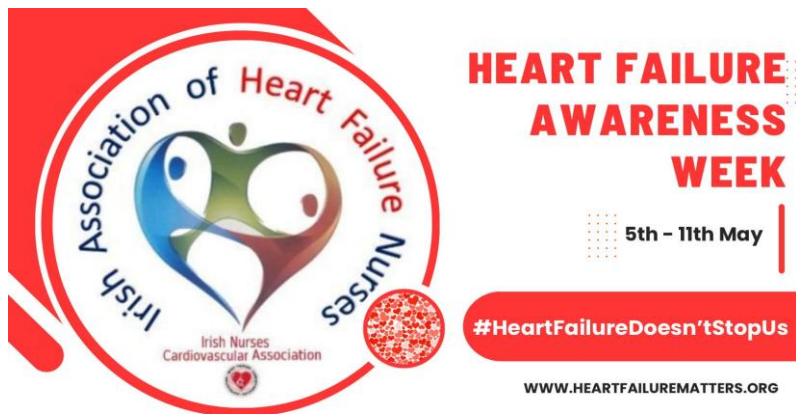
Social media coverage:

IAHFN president Emer Burke explains about the role of the heart failure nurse in supporting patients to live well with heart failure

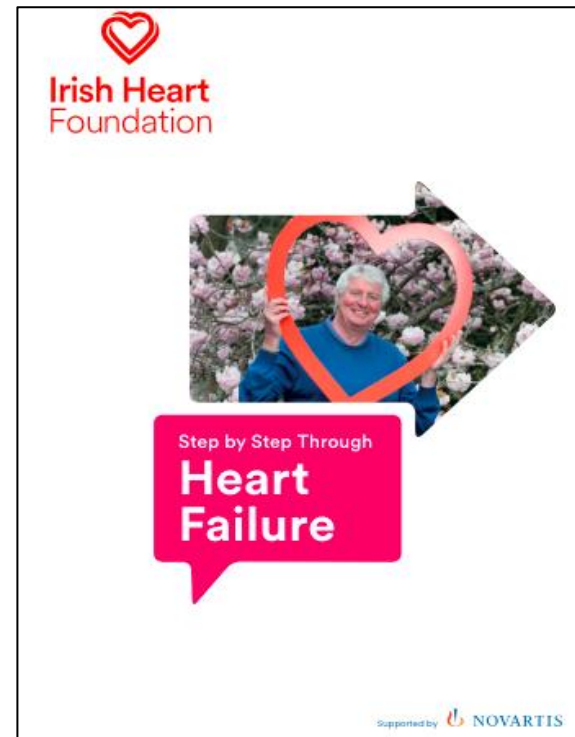
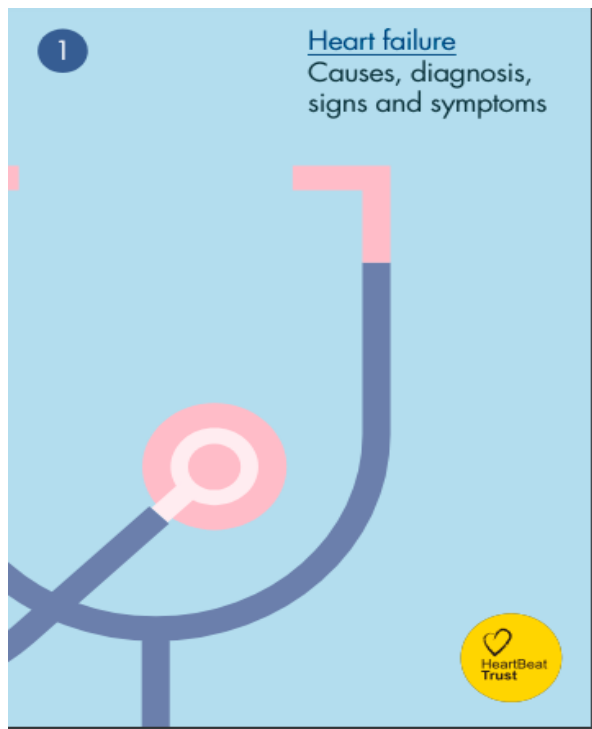
You tube video- Croí



Printed material - IAHFN Infographics



Printed material for patients



Printed material for patients



Political Engagement

The Irish Association of Heart Failure Nurses (IAHFN) is currently establishing strategic partnerships with leading Irish heart charities Croí and the Irish Heart Foundation, as well as the patient representative group Heart & Stroke Voice Ireland. This collaboration aims to strengthen advocacy efforts to enhance the prevention, early detection, and treatment of heart failure, while also calling for greater support for patients across the country.

Together, we will engage with Irish policymakers to push for the development and implementation of a new national cardiovascular health strategy, replacing the previous strategy which lapsed in 2019. The IAHFN is committed to working with all relevant stakeholders to ensure that the voices and needs of heart failure patients are placed at the heart of this policy renewal process.

In line with this commitment, the IAHFN fully supports Croí and Heart & Stroke Voice Ireland's policy document, *The Future of Cardiovascular Health in Ireland – A Manifesto for Change*, and will actively contribute to advancing its recommendations.

Patient Engagement

Central to our campaign this year was the patient story and our patient champion John Ridge generously shared his story of how heart failure does not stop him.

Collectively, our IAHFN nurses have sought to put a spotlight on those patients who are living their lives despite their condition. You can view these images in our photographs.

IAHFN President Emer Burke attended the Heart & Stroke Voice Ireland workshop in Croí House, Galway on May 26th of May to establish connections for future engagement with patient activists and gain insights into patient priorities.

Mater Hospital Dublin, 2025



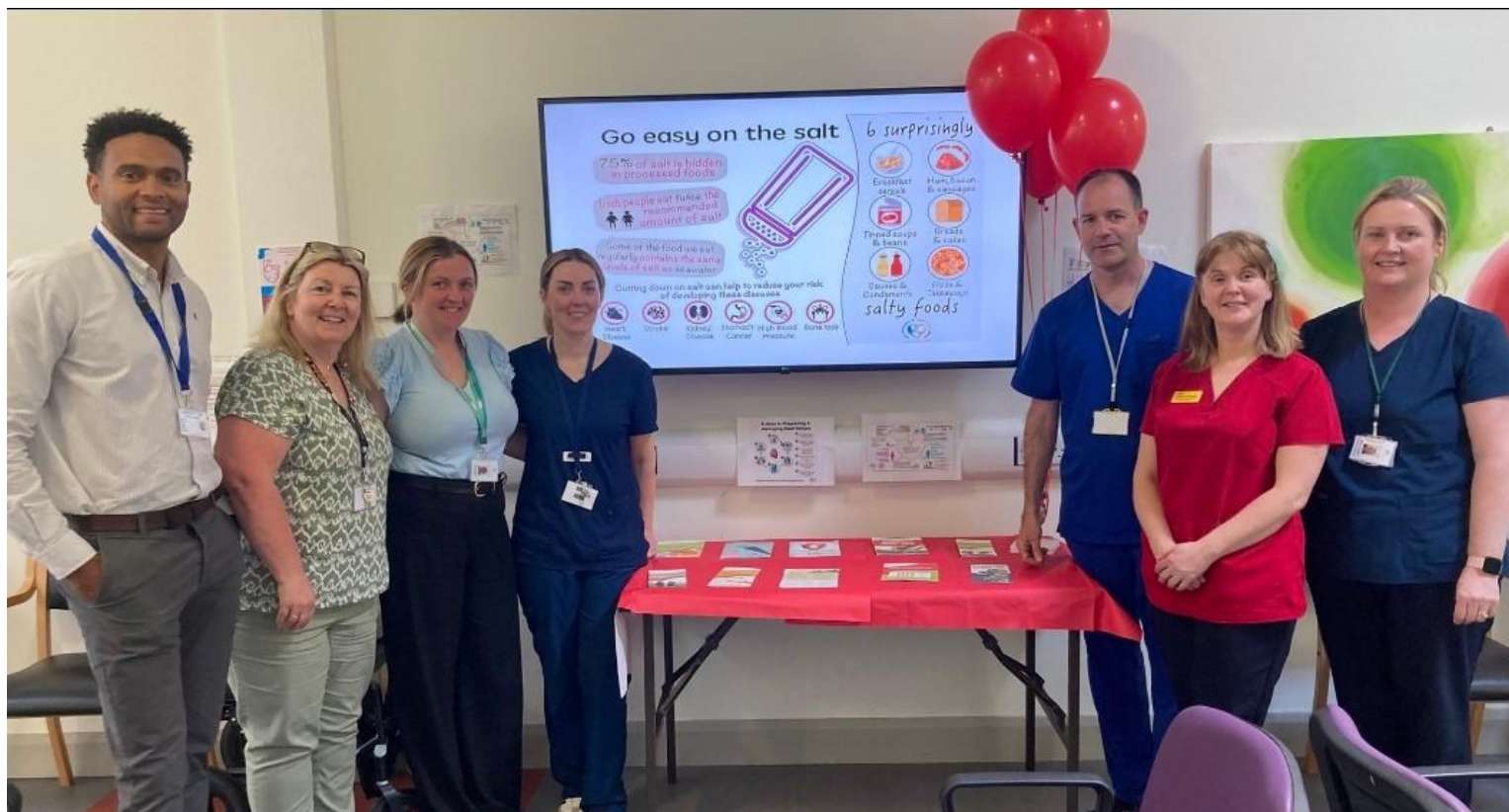
University Hospital Kerry, 2025



Portlaoise, Co.Laois, 2025



Donegal Integrated Heart Failure Service, 2025



Drogheda, Co.Lough , 2025



Naas, Co.Kildare, 2025



Cavan Heart Failure Team, 2025



Mayo Heart Failure Service, 2025



St Vincents University Hospital, Dublin, 2025



Nenagh, Co.Tipperary, 2025



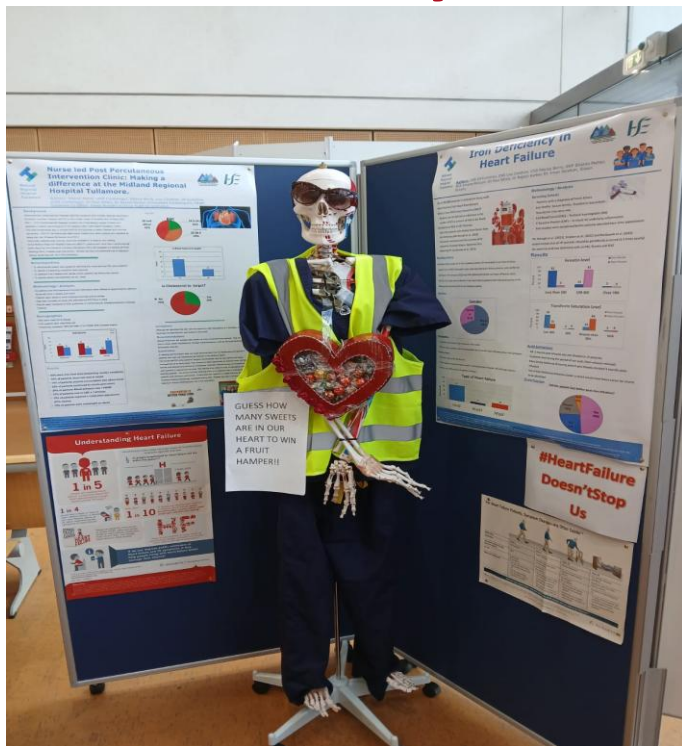
Galway Heart Failure Service, 2025



Tallaght University Hospital, Dublin, 2025



This guy is still going strong despite heart failure a long time ago... Tullamore Hospital, Co.Offaly



Seamus, aged 89, first patient to have CRT-D in Mater Dublin (1995)–still living life to the full, 2025



Cecilia, 97 from Cork travelling in style to a family wedding



John, 96 from Cork still enjoys farming



Ollie Turner, compère extraordinaire at the Rose of Tralee International Festival



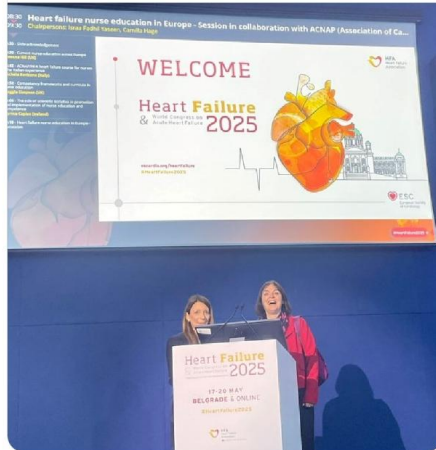
IAHF nurses showcasing their science at HFA Congress Belgrade, 2025



Emer Burke @EmerBur... · 18 May
No better woman to begin showcasing the work of @IAHFNurses delegation #HeartFailure2025



Mairead Lehane @Leha... · 17 May
Proud moment for Irish HF nursing @IAHFNurses as @NormaCaples delivers her presentation on day one of #heartfailure2025 with HF nursing elite around Europe @UHW_Waterfor...



Irish Association of H... · 19 May
Our very own President of the @iahfn @EmerBurke8 demonstrating a truly holistic and patient-centred approach to heart failure management 🍌



Dr Rosalynn Austin RN ... · 19 May
Another nurse poster
Emer Burke 🇮🇪

Integration of palliative care in #HF

...

[Show this thread](#)



IAHF nurses showcasing their science at HFA Congress Belgrade, 2025



Emer Burke
@EmerBurke8

Day 2 [#HeartFailure2025](#) Laura O'Connor presenting her eposter examining hyponatraemia in elderly HF patients.



Emer Burke
@EmerBurke8

Promote

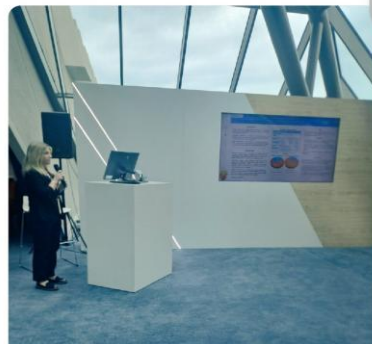
Majella Coughlan presenting the Virtual ward project in Limerick. Cost savings of 6000euro per patient, reduced LOS 6.5 v 10.5 days, excellent rates of GDMT improvement in EF, and 13% reduction in 90 day readmission rate. [@HSELive](#), [@HSESouthWest](#) [@INCAnursing](#) [@IAHFNurses](#)



Emer Burke
@EmerBurke8

Promote

Emma Jane Brennan from [@svuh](#) presents on the benefits of heart failure nurse led virtual interventions in reducing admissions for early worsening symptoms of heart failure. Another fine example of Irish HF nursing! [#heartfailure2025](#) [@IAHFNurses](#) [@HSEDubSouthEast](#) [@INCAnursing](#)



Emer Burke
@EmerBurke8

Promote

Cathy Farrell Heart Failure ANP showcasing her evaluation of gender differences in heart failure referrals in Donegal Integrated Heart Failure Service. [#heartfailure2025](#) [@hselive](#) [@HSE_West_NWest](#)



Unstoppable IAHFN delegation at the HFA HF Congress 2025



- **#heartfailuredoesn'tstopus**
 - **#heartfailurematters**
 - **@iahfnurses**
 - **@INCAnursing**
- #heartfailurenursesmatter**